

STEPHANIE ELLISON

Author, Speaker, Family Coach & Advocate

"I help trauma-affected communities heal and grow through emotional regulation, courage, and connection."



Stephanie Ellison is a dynamic keynote speaker and workshop leader who brings the fire of personal transformation to every stage she visits. With a voice forged through adversity and refined by education and experience, Stephanie doesn't just talk about resilience, she lives it. Her fierce, compelling presentations challenge, empower, and inspire audiences to break cycles, build bridges, and believe in what's possible.

Once an unaccompanied youth who legally emancipated herself at 16, Stephanie rose to become the first in her family to graduate high school. She later earned her Master of Education in Counseling and Human Development. Today, she is a national speaker who equips communities, schools, nonprofits, and organizations with tools to disrupt generational trauma, elevate emotional intelligence, and foster inclusive environments that help people thrive.

Stephanie's keynotes and workshops aren't just motivational; they're transformational. Whether addressing educators, foster parents, social workers, or youth themselves, she speaks with the kind of bold compassion that shakes people and moves them to act. Her message resonates especially with those serving or living through hard places, because she's been there.

Beyond the stage, Stephanie is a published author, visual artist, and musician who weaves creativity into healing. Through her nonprofit, Simply Encourage, she mentors children and families, offering connection, hope, and practical tools for life.

Stephanie Ellison is not just a speaker. She's a lighthouse, a force for good, and an unrelenting advocate for the underdog, turning her own pain into purpose and helping others do the same.

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TARGET AUDIENCE

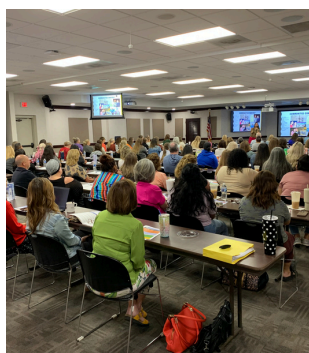
Educators, Youth, & Non-profit Organizations,
Corporations, Small Business and Government
Entities

KEYNOTE TOPICS

Overcoming Adversity, Women's
Empowerment, Leadership, Personal &
Organizational Growth, Parenting, Change,
Youth Homelessness, Mentorship

SERVICES

Keynotes, Workshops, Student & Family
Programs, Conferences, Mentoring, and Staff
Development



KEYNOTES & WORKSHOPS

1. PATCHWORK: THE POWER OF COMMUNITY TO REWRITE STORIES
2. LIGHTHOUSE
3. REBUILDING TRUST AFTER TRAUMA
4. BUTTON WISDOM: THE POWER OF INTENTIONAL HEALING CONNECTIONS
5. THE H.E.A.L. FRAMEWORK

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WORKSHOP DESCRIPTIONS

Patchwork: The Power of Community to Rewrite Stories

Theme: Community Healing, Support Systems, Interdependence

Based on your own story of transformation through relationships, this workshop highlights how community can heal what trauma tried to destroy. Attendees will learn the importance of connection, how to foster it in their own environments, and how a simple act of kindness can change the trajectory of someone's life.

Lighthouse:

Theme: Isolation, Hope, and Advocacy

This workshop invites participants to explore how to be a steady, guiding light for those walking through darkness, whether it's trauma, mental illness, or abandonment. Through personal storytelling, reflection, and practical tools, this session teaches how presence and compassion can break the stronghold of loneliness and despair. **Key takeaway:** You don't have to fix people's pain to light the way through the dark path they have walked.

Sweet Side of Bitter: Rebuilding Trust After Trauma

Theme: Trauma Recovery, Trust-Building, Restoration

Trauma often teaches people not to trust. This workshop gently unpacks the barriers trauma creates and helps participants understand how to build trust in safe, respectful, and empowering ways, whether they're survivors or supporters. **Key takeaway:** Trust is earned and rebuilt moment by moment, word by word, with patience and presence.

Button Wisdom:

Button Wisdom is a powerful, hands-on workshop designed to equip parents, caregivers, and professionals with practical tools, encouragement, and perspective-shifting truths shared through the lens of real-life parenting and personal transformation. Rooted in the metaphor of buttons those tiny things that hold things together or remind us what's worth mending- this session explores how to pass on wisdom, foster connection, and guide children (and ourselves) through life's hard moments with compassion and intentionality.

Through storytelling, humor, and heart, participants will walk away with:

- Tangible take-home parenting tips and affirmations
- Gentle strategies to teach, not punish
- Wisdom for navigating trauma-informed care
- Creative ways to build trust and emotional safety
- Encouragement for parents who didn't have great examples growing up

Whether you're a biological, foster, adoptive, step, or prospective parent, or someone who works alongside families, this workshop will speak to the deeper work of healing, loving well, and choosing connection over control. **Key Takeaway:** Even when life feels like it's falling apart, we have a choice: to toss things aside or to mend them with care. Like buttons, our words and actions can hold things together. Every day is a chance to pass down wisdom, one moment, one choice, one connection at a time.

The H.E.A.L. Framework by Stephanie Ellison

A restorative self-care workshop designed for those carrying invisible weight.

In this empowering session, participants will explore a four-step framework that encourages intentional healing and emotional well-being. Drawing from personal experience, practical strategies, and a trauma-informed lens, this workshop guides attendees through a process of inward reflection, emotional reset, and compassionate self-connection.

Whether you're a caregiver, survivor, frontline worker, or someone simply trying to make it through the day, this framework offers accessible tools for reclaiming peace, building emotional stamina, and showing up for yourself with the same love you extend to others. **Key takeaway:** Discover the power of your own presence.

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SOME ORGANIZATIONS STEPHANIE HAS PARTNERED WITH OR BEEN FEATURED BY

Over the past 20+ years Stephanie has shared her hope-filled story with thousands of youth, nonprofits, businesses, educators, and agencies all over the globe. Here are a few of the organizations who have partnered with Stephanie to bring her inspirational story of resilience to their communities..



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WHAT AUDIENCES ARE SAYING

"You touched our hearts deeply and reminded us of the reason we are here... to serve those in need of a voice, someone they can trust and someone to stand for them. Your story, and your song are truly beautiful!"

— Big Country CASA

"Stephanie Ellison's story will grab your heart, squeeze it, and leave you inspired and empowered."

— Hope Bridge Ohio

"Powerful. Authentic. Meaningful. A reminder of why we do this work."

— Child Welfare Professionals, CPI FIAR Summit

"Her story helped rekindle our why."

— CPI FIAR Summit Participant

"Stephanie was the most incredible speaker I've seen in a while. I feel like she should be invited to speak at more DFPS events."

— CPI FIAR Summit Participant

"She helped put a face to the work we do as an Agency."

— CPI FIAR Summit Participant

"Motivating, eye-opening and inspiring. I was a vendor, only there to recruit for our school but I felt like this message was FOR ME."

— Desiree Martinez

"Stephanie was vulnerable and told a powerful story that inspires you to pay attention and take the maybe slightly uncomfortable step to invest in someone's life, because it really matters."

— Attendee

"Keep sharing your story!! The inspiration it gives to educators is indescribable & MUCH needed!!"

— Attendee

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